



THE INSTITUTE
FOR MEDICINE
& GOLF, LLC™

Golf & Your Health

With Dr. Andy Dombro



ABOUT DR. ANDY DOMBRO

Dr. Andy Dombro has been a practicing physician for 20 years and a passionate student of golf for most of his life. Having graduated Phi Beta Kappa from the University of California at Berkeley, he attended the Mount Sinai School of Medicine in New York City. Dr. Dombro is board-certified in Internal Medicine.

Over his career, he has held numerous clinical, academic, and administrative positions, and is currently an Instructor of Medicine at the University of Colorado Health Sciences Center in Denver. Dr. Dombro is also a Clinical Instructor for their Sports Medicine Department and team physician for the University of Colorado men's and women's golf teams.

As the president and founder of *The Institute for Medicine & Golf, LLC™*, Dr. Dombro works tirelessly to advance its mission, the investigation and analysis of the compelling relationship between health/medical issues and the game of golf. Public education regarding this valuable information is also of paramount importance – *helping golfers of all levels achieve a longer, healthier, and more rewarding golf life™*.

Dr. Dombro is the author of *Medical Mulligans™*, a popular column discussing views and insights on golf-related medical & health topics. Having published more than forty articles in various golf and sports publications from coast to coast, his stories commonly use illustrative medical examples from all the professional golf tours.

When: Thursday, October 11, 2007
Where: Kapalua Village Clubhouse
Time: 6:00 p.m. to 8:00 p.m.
Registration begins at 5:30p.m.
Cost: *FREE**
**Sponsored by Kapalua Golf Academy*
Deadline: October 8, 2007

SEMINAR TOPICS

- Playing golf with chronic pain -- challenges and solutions
- Nutrition and golf -- choosing the proper foods/drinks before, during, and after the round.
- Stress/Fear and golf -- strategies to control it to improve scores and enjoyment
- Common golf injuries -- how to avoid and treat
- Benefits of walking the course (assuming most of the courses over there are not "cart mandatory!") -- physical and emotional
- Weight-lifting and golf -- facts and fallacies
- Hazards on the course -- sun, heat, humidity, etc. -- precautions
- The one-plane vs. two-plane golf swing -- which is better based on body mechanics, health, etc.

RESPONSE FORM
Golf & Your Health
With Dr. Andy Dombro
October 11, 2007

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